Players on the winning Renegades softball team are, left to right on bottom row, Mary Tolley, Connie Murray, Roxie Martin, Joyce Tolley, Sharon Arrington; and on back row, left to right, Beth Fore, Debbie Smith, Charlotte Davis, Annette Carter and Susan Handy.

Renegades Win Tournament

The Renegades softball team came in first in the Chase City Belles Invitational this past week end. The Renegades went undefeated in the tournament.

They won their first game Saturday over the Lawrenceville Ladybugs 11-4 as they scored runs in five of their times at bat. Extra base hits by Annette Carter, Connie Murry and Mary Tolley led the team.

In the second game the Renegades scored 6 runs in the third inning and held on for a 6-5 win over the Chase City Belles. A bases loaded triple by Beth Fore keyed the rally.

In the third game the Renegades came up against the High Rollers of Victoria. After giving up four runs in the second inning, the team fought back for another 6-5 win. Sharon "Bubba" Arrington knocked in four runs with two homeruns.

On Sunday the Renegades met the Ladyloggers of Cullen. Three runs in the first proved to be all they needed as they held the Ladyloggers to only one run and won the game 4-1.

Renegades Win World Berth

Combining with four of the Chase City Belles players, the Renegades girls softball team came in second in the Shenandoah Valley Classic Tournament (Class B) in Winchester, Va. July 28 and 29. The Renegades were undefeated until they faced MacDonalds of Winchester in the finals. MacDonalds had already qualified for the World so the Renegades won the berth by finishing second. The World Tournament will be held Labor Day week end in Detroit, Michigan.

The Renegades defeated the Whistling Dixies of Winchester 6-1, Safeway of Covington 6-0, the Swinging Misses of Hopewell 11-9 and the Rockettes of Norfolk 3-2 before falling to MacDonalds 4-1 and 9-8.

Those girls participating were Janet Flynn, Liz Satterfield, Pam Harris, and Helene Flanagan (Chase City Belles) and Beth Fore, Sharon "Bubba" Arrington, Roxie Martin, Annette Carter, Connie Murray, Susan Handy, Joyce Tolley and Mary Tolley (Renegades).

These girls will be working hard in the next few weeks to raise money for the trip to Detroit. Projects include the sale of Krispy Kreme Doughnuts Friday, August 10. Orders for these may be called in to Joyce or Mary Tolley at 248-6147 or 248-5508.

We appreciate all the support given us by our local sponsors this summer-R & K Groc., Pamplin Cabinet Shop, Tolley's Liquid Fertilizer, and Elliott's Florist. Any other persons wishing to help us in any way may do so by calling 248-6147 or 248-5508.

Little League Cheerleaders To Begin Practice

The Little League Cheerleaders will begin practice the week of August 13. They will practice on the 13th, 14th, and 16th from 5:30 until 6:30 each evening at the Appomattox County Primary School.

All cheerleaders must be present for practice in order to participate at the game.

ANNUAL "CANTER-LOPE 4-H RIDING CLUB PLANS HORSE SHOW

The 9th Annual Canter-Lope 4-H Riding Club Open Youth Horse Show, for those 19 years and under, will be held August 11 at the New London Show Grounds. Rain date will be August 12.

Hunter over Fences starts at 8 a.m. The Pleasure Division for Hunter, Gaited, and Western with plenty of fun and games classes starts at 11 a.m. with the night show at 5 p.m.

Challenge trophies in each of the three pleasure divisions will be presented.

Food will be available on the grounds. No admission fee - Coggins required. Proceeds will go for 4-H activities.

Call 332-5217 or 993-2712 for inform tion.

ROCKS

AUGUST 6 - Still having hot weather. Better be bottling up some for this winter.

Tobacco cutting time is on hand again. A few of the farmers will be at it this week. It pays to be early.

Mike Richardson was at Smithfield last week at camp.

Mrs. Irma Payne returned home from Southside Hospital on Wednesday. She continues very sick.

Mr. and Mrs. Raymond Moore arrived on Tuesday for a few days with his parents, Mr. and Mrs. W. R. Moore, of Pamplin.

Mr. and Mrs. R. E. Roach attended V.B.S. at Bethel Baptist Church in Appomattox last week.

Cassie Baldwin helped in this V.B.S. last week.

Funeral of Ray Davis was held at Pamplin Methodist Church on Friday afternoon. Sympathy is extended his relatives.

Gladys Anderson, of Richmond, arrived Friday afternoon for a few days.

She was a guest of Mrs. Pearl Wilson on Friday night.

The club picnic was held on Saturday afternoon. Forty were present. Glad to have visitors, Mrs. Gladys Harvey of Evergreen, Mrs. Carrie Richardson of Pamplin, Mr. and Mrs. Raymond Moore of New York, Mrs. Gladys Anderson of Richmond, and Ella Anderson of Appomattox.

Mr. and Mrs. Kyle Almond and daughter of Monterey, Va. spent the week end with his parents, Mr. and Mrs. Wilson Almond of Appomattox.

Mr. and Mrs. W. B. Ranson, of Richmond, were in the neighborhood on Sunday.

Get well wishes go out to Mrs. Roy Gowin of Lynchburg who is in Virginia Baptist Hospital.

Mr. and Mrs. Spud Almond and children and Mr. and Mrs. George Almond left Thursday morning for Virginia Beach, returning on Friday afternoon.

Congratulations to Mrs. Norma Price, of Rt. 1, Pamplin. She won the Birthday Cake on Saturday morning over WTYX.

Glad Mrs. Marie Shirley, of Spout Spring, sister of Mrs. Evelyn Almond, of Appomattox, is back home from the hospital.

Rev. A. M. Taylor returned from Bluefield College Thursday afternoon.

A good number came out for the Sunday night service. Mr. George Abbitt was the guest speaker for training union.

Mr. and Mrs. Richard Gilliland and three boys, of North Carolina, spent the week end with her parents, Mr. and Mrs. Jim Frank Ranson, of Pamplin.

Mrs. Ruby Jamerson is back in Lynchburg General Hospital.

"I'M SAVING 15¢ ON EVERY GALLON OF GAS I BUY."

"With the price of gasoline these days, I want to be sure I'm getting my money's worth from every tankful. So I'm doing four simple things to save gas—and it's like getting a 15¢ discount on every gallon!

"Just slowing down from 70 to 55 mph on the highway saves enough gas to equal a 6¢ a gallon discount. Keeping my car tuned saves 4¢ a gallon more. And I'm saving another nickel a gallon just by using radial tires and keeping them correctly inflated."

Saving energy is easier than you think, and with the rising energy costs we're facing today, it's never been more important. For a free booklet with more tips on saving energy and money, write "Energy," Box 62, Oak Ridge, TN 37830.

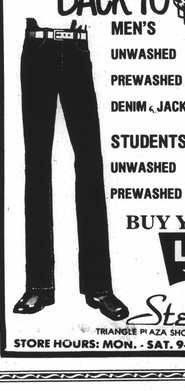
ENERGY. We can't afford to waste it.

U.S. Department of Energy

Watch your savings soar.

Take stock in America. Buy U.S. Savings Bonds.

BACK TO SCHOOL



MEN'S	SIZE 27-42 WAIST
UNWASHED	$14.50
PREWASHED	$16.50
DENIM JACKETS	$21.00
STUDENTS	**25-30 WAIST**
UNWASHED	$13.00
PREWASHED	$13.00

BUY YOURS TODAY..

LEVI'S JEANSWEAR

Stephen's FASHIONS

TRIANGLE PLAZA SHOPPING CENTER - APPOMATTOX, VA.

STORE HOURS: MON. - SAT. 9-6; OPEN FRIDAY NITES 'TIL 8 p.m.

APPOMATTOX AGRI-CONSTRUCTION
Division of Appomattox Farm Supply Co.
18 E. Harrell St. — Phone 352-5101 — Appomattox, Va.

STEEL BUILDINGS

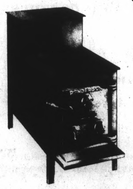
20LL 25WL	Galvanized Roof & Walls	Galvanized Roof & Painted Wall
30 x 54 x 15'3"	$ 6,095.05	$ 6,455.80
30 x 81 x 15'3"	8,263.45	8,747.05
40 x 54 x 15'3"	7,379.45	7,671.83
40 x 81 x 15'3"	9,980.75	10,427.70
40 x 108 x 15'3"	12,278.81	12,970.94
50 x 162 x 15'3"	19,720.49	20,814.52

All include one end wall and one double sliding door

ROOF SYSTEM

30 x 81 x 15'3"	$ 5,305.95
30 x 135 x 15'3"	8,360.95
40 x 135 x 15'3"	10,702.25
50 x 162 x 15'3"	15,736.92
60 x 324 x 15'3"	42,493.02

FREE
24 PONDEROSA
This is the Ponderosa Model 24 that helped start the Controlled Draft heater revolution. This is the one that has all the features.
- TRI-AIR draft inlets
- Ceramic brick lined
- Factory welded boiler plate (¼" to 19/64")
- Unique flue design to return creosote back into the heater
- Upper heat chamber and baffling for better efficiency and more economy.



F.O.B. Mississippi

Wood Stove with any order

20' 4" x 24' 2" x 8' 2" with two 8' 11" x 6' 11"

OVERHEAD DOORS FOR $2,922.90

"For the unlearned, old age is winter; for the learned, it is the season of the harvest." Hasidic Saying

"Man's freedom is his inner worth." Michael Beer

CANCER Answerline
American Cancer Society

A regular feature, prepared by the American Cancer Society, to help save your life from cancer.

A woman asks: "Can breast cancer be treated by drugs alone?"

ANSWERline: Surgery is the major method of treating women who have breast cancer. For many women, radiation therapy and chemotherapy are used in addition to surgery. New drug combinations can reduce the recurrence rate of breast cancer in some patients after surgery. Drug combinations can provide prolonged control for a number of advanced breast cancers. At present, however, the use of drugs is not sufficient to treat breast cancer.

A retired engineer explains: "I have a skin condition which my doctor says is precancerous. What does that mean?"

ANSWERline: Certain abnormal skin conditions have a tendency to become malignant. A common condition is a scaly skin-thickening that develops in a small area, usually the face, neck or hands. This kind of abnormality most often develops in older persons whose skin has been exposed for many years to the ultraviolet rays of the sun. The fact that you have a precancerous condition means that treatment can prevent a potential cancer from developing. Your local American Cancer Society Unit has a new pamphlet of facts about skin cancer that's yours for the asking.

A woman explains: "When I developed breast cancer in my 40's, it was discovered by mammography. Now I am disturbed to learn that women in my age group are being told to avoid mammography. I am afraid that lives will be lost if this technique is avoided."

ANSWERline: Under guidelines currently being followed in special breast cancer screening demonstration projects sponsored by the National Cancer Institute and the American Cancer Society, mammography (x-ray) examination of the breast is done on a routine basis for women 50 years or older. For those younger than 50 it is recommended if there is a close family history of breast cancer or if the woman has already had cancer in one breast. These guidelines refer to women *without* symptoms. A woman under 50 who experiences any kind of breast change should have no qualms about mammography because it is an effective form of diagnosis.

Some experts feel that critics of mammography, in their "zeal" to protect the public from a theoretical radiation hazard, may have prevented some women from having the benefit of mammography because some 30 percent of breast cancer occurs among women in the 40-49 age group.

OPEC-Type Price Boost For Sugar in Offing

Washington - (PWS) - There is growing worry in Washington that an OPEC-type sugar price increase may be on the horizon for American consumers.

The concern is voiced by U.S. sugar growers who claim that the "dumping" of the natural sweetener by foreign producers might drive the U.S. sugar industry out of business and lead to the creation of a bloc of foreign sugar suppliers who could control sugar prices as effectively as the OPEC nations control oil.

Dumping occurs when foreign producers sell their goods at prices less than their cost of production. In this case, foreign sugar has been sold (dumped) in the U.S. at prices below production costs for several years now in the absence of an effective national sugar policy.

President Carter terms sugar essential to the American food system. In addition to its sweetening ability, it also is needed to preserve food and enhance its flavor.

Robert H. Hughes, executive vice president of the Hawaiian Sugar Planters' Association, said the domestic industry, which contributes $10.5 billion to the national economy annually, is in serious trouble.

Last year alone, he said seven plants in Louisiana, two in Washington and one each in Idaho and Utah have been forced to close. In 1976 and 1977 other sugar plants were closed in Colorado and Kansas. He said dumping has had an impact on 22 states, 18 of which produce sugar beets and four others, sugarcane.

Hughes said the Carter Administration, Congress and the U.S. International Trade Commission (ITC) recognize that foreign sugar is entering the U.S. in such quantities to be a substantial threat to the survival of the domestic industry.

In the latest case of dumping, the ITC May 17 ruled that Belgium, France and West Germany were dumping sugar in the U.S. at prices about half of what sugar sold for in their own countries.

To expect an American farmer to compete with that type of illegal trade practice is unrealistic and unfair, Hughes said.

Pending Treaty

He said legislation is under consideration now, and if Congress passes a satisfactory bill, the U.S. would become a signatory to the International Sugar Agreement, a pending treaty that many observers say is the ultimate long-term solution to stable sugar prices and supply. Essential domestic back-up legislation now before Congress also is needed.

Nearly 400,000 Americans work in farming, processing and distributing sugar, of which 19,000 farm families are directly involved in growing sugarcane or sugar beets. The indirect employment dislocation would be severe in many farm-oriented communities.

The sugar crisis began in 1973 when the Ford Administration indicated to Congress it would not try to renew the 40-year-old U.S. Sugar Act. This factor — coupled with rumors of a possible world shortage — sparked moderate speculative buying. Following the Congressional decision in June 1974 to let the Sugar Act expire at the end of the year, raw sugar prices soared.

Hughes emphasized that with the discovery there was no world shortage prices began to fall. With excess world production and the U.S. market virtually unprotected, foreign producers dumped surplus sugar in the U.S. at whatever price they could receive.

The U.S. is virtually the only major nation with no long-term policy to protect its sugar producers from attacks by surplus sugar in the world sugar market. Cost of a domestic program would be less than $1 a year more than each consumer now spends on sugar, Hughes said. (PWS)

YOU: GROWING OLD OR GROWING UP?

It's not really age, but rather how you adapt to life's circumstances that determines whether you're growing up or growing old.

One of the hardest parts of growing up is letting go: letting go of prejudices, of growing children, of rigid habits.

The mature years can be the best time in your life to grow, to "experiment, to be receptive to change.

As your children enter their teens, it's time to start relinquishing your parent-role and moving toward relating to them as fully equal adults. In early adolescence they need evidence of your trust in their judgment, and in their ability to think for themselves. They are entering a period when they need your support more than your help. Making mistakes is part of life; let your children make theirs, and learn from them.

Growing up means flexibility. The willingness to hear all sides of issues and form your own opinion which may—or may not—be the same as your spouse's, your parents', your peers'. Openness and flexibility, perhaps more than any other qualities, will enable you to live your life to the fullest.

Many mature couples find that they must also learn to accommodate to physical as well as emotional changes. One frequently experienced change that accompanies the aging process is the drying up of body tissues. That is why an additional lubrication is often helpful in maintaining satisfying marital relations. For instance, ORTHO® Personal Lubricant, is a greaseless, nonirritating, stainless gel that many couples use to compensate for vaginal drying.

Growing up requires the expansion, rather than the contraction of one's world. The continuing development of new friendships and new interests is part of healthy growth, as is the willingness to experiment with new ways of doing things.

Wisdom, unlike knowledge, has always been associated with age. That's because it must be acquired not from books, but from knowledge proven in the arena of one's life.

BARBECUE TIME IS ANY TIME

Barbecue Pleasure

August is a great month to grill, especially during National Barbecue Week, August 2-11. Here are some tips from the Barbecue Industry Association on selecting accessories that will make your barbecue safe and fun.

When it comes to utensils, think long handles. These let you turn the food without holding your hand over the hot coals. Keep gloves or mitts near the grill too.

For palate-pleasing kebobs a convenient marshallow sticks, look for chrome plated or stainless steel skewers. For parties, skewer racks double as kebob holders on the grill and table servers.

Having a crowd? Make efficient use of your grill's cooking space. Rib and potato racks hold your food compactly while extension warmers give you a second cooking grid.

Every barbecue needs a rotisserie! The powered spit turns the food for you, cooking it deliciously on all sides.

Grill baskets come in all shapes and sizes. They make turning hamburgers, fish and chicken easier. Some even do the turning for you by fitting onto the rotisserie spit.

Ready for the next charcoal barbecue? Keep your grill sparkling clean with a wire grill brush.

"Charity is the spice of riches." Old Proverb

ENERGY-SAVING IDEAS

News Of Progress

A major American company has put its shoulder to the wheel to develop a vanguard fuel conservation program now saving 1.4 million gallons of gas a year, paving traffic omissions and blazing a trail for others to follow.

In the spring of 1975, Conoco, an energy company, instituted a car-pooling program for its Houston employees. Unlike other such programs, though, it gave more than moral support: it supplied the vans for its employees' use. Riders pay a modest fee to recover part of the cost of the van and its direct operating expenses.

Launched with ten vans, the program now has 175 in service in 20 company locations in nine states. At least 15 more are to be added by the end of the year.

About 2,000 of Conoco's U. S. employees ride the vans to work. Each 12-passenger van is estimated to replace seven private cars during rush hour. Based on an average round trip of 45 miles a day, each van saves 8,160 gallons of gas a year—1.4 million gallons for the entire fleet.

For information on how your company can get on the van-wagon, write Bill Fortune, Conoco Van Pool, Box 2197, Houston, Texas, 77001.

Carnations will last longer if you add a bit of boric acid to the water in the vase.

Per capita consumption of process pickles rose from 3.3 pounds in 1947-49 to eight pounds in 1977

August Clearance Continues
Further reductions on summer merchandise

JUNIOR DRESSES MISSES DRESSES	Reg. to $48.00	$19.99
Odds & Ends	Reg. to $26.00	$6.99
Men's Seersucker Suits	Reg. to $95.00	$39.00
Men's Socks	Reg. $1.50	2/$1.75
Men's Shirts & Slacks	Reg. to $22.00	$6.99

1/2 price

Ladies - Dresses, Devon Sportswear, Junior Sportswear, Prides Crossing, Cos Cob, Moody's Goose Shorts, Rack of Swim Suits

Men's - Suits, Slacks, Dress Shirts, Shorts, Ties

The Clothesline
TRIANGLE PLAZA SHOPPING CENTER
APPOMATTOX, VA.

FOR THE LATEST IN STYLE AND COMFORT
A.G. Jefferson
Contact Lenses Hearing Aids
For complete eye care Consult Your EYE PHYSICIAN Then See Your GUILD OPTICIAN
ALLIED ARTS BUILDING
2010 TATE SPRINGS RD
TIMBERLAKE PLAZA
LYNCHBURG, VA
GUILD OPTICIANS
Registered Opticians

GRAND OPENING
SATURDAY, AUGUST 18th.
CONCORD SERVICE CENTER
Route 460 East At Concord
HAS BEEN AWARDED A
LIFETIME GUARANTEE
Major Muffler
MUFFLERS & TAILPIPES
DEALERSHIP
GRAND OPENING SPECIAL
20% Off* Mufflers & Tailpipes
We ALWAYS have the right exhaust system in stock for IMMEDIATE installation.
Telephone quotations cheerfully given.
Come to our Grand Opening for a really great buy! You can expect long, quiet life and superior performance from this Lifetime Guaranteed muffler and tailpipe - a rust resistant coating, heavy metal thickness, expert installation and guaranteed satisfaction give you top quality at a budget price. Come in and be convinced all installations are guaranteed in writing.
Phone: 993-2782
(Offer good thru Aug. 31st.)
* MOST AMERICAN-MADE CARS

WEEK-END SPECIAL
Early American
— SALE —
Living Room Suites
2 Pc. Suites As Low As
$298.00
Buy now and save on Early American
BEST FURNITURE CO.
Rt. 460 — 1 Mile East — Appomattox, Va.